



# Carb Smart Zesty Garlic Tofu

with Couscous and Tahini-Ranch Sauce

Smart Meal

25 Minutes



Tofu  
1 | 2



Couscous  
½ cup | 1 cup



Tomato  
1 | 2



Baby Spinach  
56 g | 113 g



Tahini Sauce  
1 tbsp | 2 tbsp



Mayonnaise  
2 tbsp | 4 tbsp



Garlic, cloves  
1 | 2



Lemon  
1 | 2



Chives  
7 g | 14 g



Zesty Garlic Blend  
1 tbsp | 2 tbsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



### Cook tofu

- Wash and dry all produce.
- Garlic Guide for Step 4:**
  - Mild: ¼ tsp (¼ tsp)
  - Medium: ¼ tsp (½ tsp)
  - Extra-spicy: ½ tsp (1 tsp)

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **tofu** dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season with **salt**, **pepper** and **half the Zesty Garlic Blend**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan fry until golden, 2-3 min per side.

2



### Cook couscous

- Meanwhile, add ⅔ **cup** (1 ⅓ cups) **water**, **1 tbsp** (2 tbsp) **butter**, ⅓ **tsp** (¼ tsp) **salt** and **remaining Zesty Garlic Blend** to a medium pot.
- Cover and bring to a boil over high heat.
- Once boiling, remove from heat, then add **couscous**. Stir to combine.
- Cover and let stand, 5 min.

3



### Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.

4



### Make sauces

- Add **mayo**, **half the tahini sauce** (use all for 4 ppl), **half the chives**, ¼ **tsp** (½ tsp) **sugar** and **garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine. (**NOTE:** This is your tahini-ranch sauce.)
- Add **2 tsp** (4 tsp) **lemon juice**, ¼ **tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (**NOTE:** This is your lemon dressing.)

5



### Finish couscous and make salad

- Add **lemon zest** and **remaining chives** to the pot with **couscous**.
- Season with **salt** and **pepper** to taste, then fluff with a fork to combine.
- Add **spinach** and **tomatoes** to the large bowl with **lemon dressing**, then toss to coat.

6



### Finish and serve

- Thinly slice **tofu**.
- Divide **couscous** and **salad** between plates. Top with **tofu**.
- Drizzle **tahini-ranch sauce** overtop.
- Squeeze a **lemon wedge** over top, if desired.